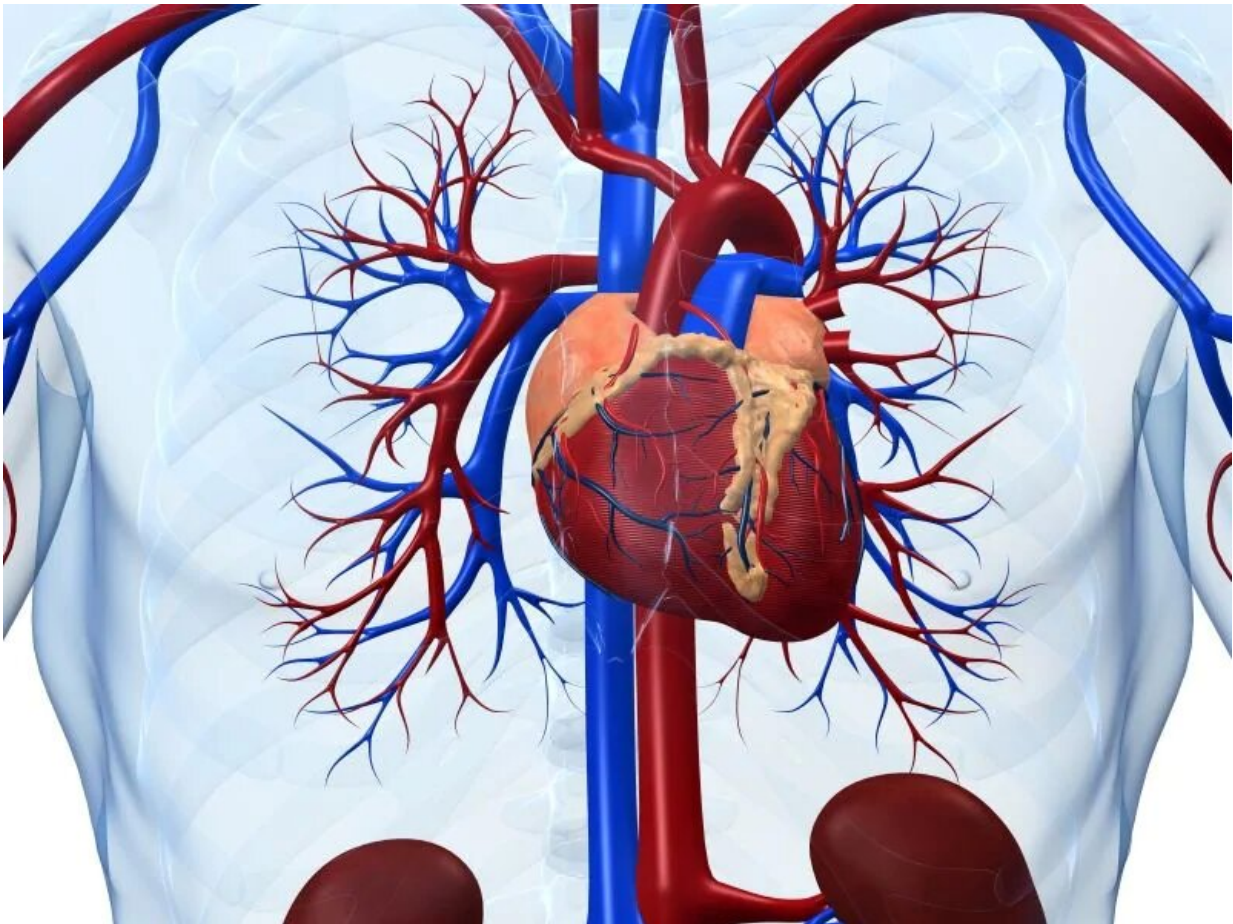


# Mild congenital heart defects tied to CVD events

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(HealthDay)—Individuals with lower-complexity adult congenital heart

disease (ACHD) have a higher burden of adverse cardiovascular events than the general population, independent of conventional cardiovascular risk factors, according to a study published Feb. 28 in *Circulation*.

Priyanka Saha, from Stanford University School of Medicine in California, and colleagues attempted to quantify the risk for adverse cardiovascular events among 2,006 adults with lower-complexity ACHD compared with 497,983 adults without ACHD (median age, 58 years at enrollment) in the U.K. Biobank. Follow-up data were available for up to 22 years.

The researchers found that among the ACHD-diagnosed individuals, 69 percent were also diagnosed with or treated for hypertension, 41 percent were diagnosed with or treated for hyperlipidemia, and 7 percent were diagnosed with or treated for diabetes. ACHD remained strongly associated with fatal or nonfatal acute coronary syndrome (ACS), [ischemic stroke](#), [heart failure](#) (HF), and atrial fibrillation, even after adjustment for 12 cardiovascular risk factors (hazard ratios ranged from 2 for ACS to 13 for HF). ACHD-exposed individuals with no more than two cardiovascular risk factors had a 29 percent age-adjusted incidence rate of major adverse cardiovascular events versus 13 percent in non-ACHD individuals with at least five risk factors.

"These findings highlight the need for closer surveillance of patients with mild-to-moderate ACHD and further investigation into management and mechanisms of cardiovascular risk unique to this growing population of high-risk adults," the authors write.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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